

Amendments to the Claims:

1. (canceled)

2. (canceled)

3. (currently amended) [A concrete forming panel as claimed in claim 2,]

A concrete forming panel comprising:

a face plate having a front side and a rear side; and

a frame secured to said face plate and including at least one elongated frame member disposed in such a manner that its longitudinal axis extends generally parallel to the plane of said face plate,

said frame member having a front endwall adjacent said face sheet, a rear endwall spaced rearwardly from said front endwall, and a pair of transversely spaced, opposite sidewalls extending between said endwalls,

said frame member further having a plurality of elongated, longitudinally extending, hollow internal chambers including a front chamber generally adjacent said face sheet and a rear chamber spaced rearwardly from said front chamber,

said front and rear chambers being separated by transversely extending central wall structure that interconnects said sidewalls,

said plurality of chambers further including a third elongated, longitudinally extending, hollow internal chamber between said front and rear chambers,

said central wall structure including a pair of transverse walls on opposite, front and rear sides of the third chamber,

said frame member further having a plurality of holes extending transversely therethrough for receiving coupling parts,

each of said holes passing through said third chamber and through said opposite sidewalls of the frame member.

4. (original) A concrete forming panel as claimed in claim 3,
said sidewalls comprising an outer sidewall and an inner sidewall,
said outer sidewall being configured to present an elongated, longitudinally extending
depressed region and an elongated, longitudinally extending raised region beside said
depressed region,
said raised region having a plurality of recessed clearance passages therein that are recessed
generally to the depth of said depressed region and are aligned with said holes.

5. (original) A concrete forming panel as claimed in claim 4,
said raised region comprising a pair of raised areas on opposite sides of said depressed
region.

6. (original) A concrete forming panel as claimed in claim 4,
said frame member comprising an extruded member with said endwalls, said sidewalls and
said central wall structure all integrally interconnected.

7. (original) A concrete forming panel as claimed in claim 6,
said frame member being constructed from a material selected from the group consisting of
aluminum and an alloy thereof.

8. (original) A concrete forming panel as claimed in claim 7,
said sidewalls being longer than said endwalls when the frame member is viewed in
transverse cross-section.

9. (original) A concrete forming panel as claimed in claim 7,
said frame being rectangular,
said at least one frame member comprising a side frame member adapted to be disposed in
an upright orientation when the panel is placed in use.

10. (original) A concrete forming panel as claimed in claim 9,
said at least one frame member further comprising an end frame member adapted to be
disposed in a horizontal orientation when the panel is placed in use.

11. (original) A concrete forming panel as claimed in claim 7,
said frame being rectangular,
said at least one frame member comprising an end frame member adapted to be disposed in
a horizontal orientation when the panel is placed in use.

12. (currently amended) A concrete forming panel as claimed in claim [1] 3,
said frame member comprising an extruded member with said endwalls, said sidewalls and
said central wall structure all integrally interconnected.

13. (original) A concrete forming panel as claimed in claim 12,
said frame member being constructed from a material selected from the group consisting of
aluminum and an alloy thereof.

14. (currently amended) [A concrete forming panel as claimed in claim 13,]

A concrete forming panel comprising:

a face plate having a front side and a rear side; and

a frame secured to said face plate and including at least one elongated frame member disposed in such a manner that its longitudinal axis extends generally parallel to the plane of said face plate,

said frame member having a front endwall adjacent said face sheet, a rear endwall spaced rearwardly from said front endwall, and a pair of transversely spaced, opposite sidewalls extending between said endwalls,

said frame member further having a plurality of elongated, longitudinally extending, hollow internal chambers including a front chamber generally adjacent said face sheet and a rear chamber spaced rearwardly from said front chamber,

said front and rear chambers being separated by transversely extending central wall structure that interconnects said sidewalls,

said frame member comprising an extruded member with said endwalls, said sidewalls and said central wall structure all integrally interconnected,

said frame member being constructed from a material selected from the group consisting of aluminum and an alloy thereof,

said plurality of chambers further including a third elongated, longitudinally extending, hollow internal chamber between said front and rear chambers,

said central wall structure including a pair of transverse walls on opposite, front and rear sides of the third chamber.

15. (original) A concrete forming panel as claimed in claim 14,
said frame member further having a plurality of holes extending transversely therethrough
for receiving coupling parts,
each of said holes passing through said third chamber and through said opposite sidewalls
of the frame member.

16. (original) A concrete forming panel as claimed in claim 15,
said sidewalls being longer than said endwalls when the frame member is viewed in
transverse cross-section.

17. (currently amended) A concrete forming panel as claimed in claim [1] 3,
said frame being rectangular,
said at least one frame member comprising a side frame member adapted to be disposed in
an upright orientation when the panel is placed in use.

18. (original) A concrete forming panel as claimed in claim 17,
said at least one frame member further comprising an end frame member adapted to be
disposed in a horizontal orientation when the panel is placed in use.

19. (canceled)

20. (canceled)

21. (currently amended) [A concrete forming panel as claimed in claim 20,]

A concrete forming panel comprising:

a face plate having a front side and a rear side; and

a frame secured to said face plate and including at least one elongated frame member disposed in such a manner that its longitudinal axis extends generally parallel to the plane of said face plate,

said frame member having a front endwall adjacent said face sheet, a rear endwall spaced rearwardly from said front endwall, and a pair of transversely spaced, opposite sidewalls extending between said endwalls,

said frame member further having a plurality of elongated, longitudinally extending, hollow internal chambers including a front chamber generally adjacent said face sheet and a rear chamber spaced rearwardly from said front chamber,

said front and rear chambers being separated by transversely extending central wall structure that interconnects said sidewalls,

said frame member further having a plurality of holes extending transversely therethrough for receiving coupling parts,

each of said holes passing through said opposite sidewalls of the frame member,

said sidewalls comprising an outer sidewall and an inner sidewall,

said outer sidewall being configured to present an elongated, longitudinally extending depressed region and an elongated, longitudinally extending raised region beside said depressed region,

said raised region having a plurality of recessed clearance passages therein that are recessed generally to the depth of said depressed region and are aligned with said holes.

22. (original) A concrete forming panel as claimed in claim 21,

said raised region comprising a pair of raised areas on opposite sides of said depressed region.

23. (currently amended) [A concrete forming panel as claimed in claim 1,]

A concrete forming panel comprising:

a face plate having a front side and a rear side; and

a frame secured to said face plate and including at least one elongated frame member disposed in such a manner that its longitudinal axis extends generally parallel to the plane of said face plate,

said frame member having a front endwall adjacent said face sheet, a rear endwall spaced rearwardly from said front endwall, and a pair of transversely spaced, opposite sidewalls extending between said endwalls,

said frame member further having a plurality of elongated, longitudinally extending, hollow internal chambers including a front chamber generally adjacent said face sheet and a rear chamber spaced rearwardly from said front chamber,

said front and rear chambers being separated by transversely extending central wall structure that interconnects said sidewalls,

said sidewalls comprising an outer sidewall and an inner sidewall,

said outer sidewall being configured to present an elongated, longitudinally extending depressed region and an elongated, longitudinally extending raised region beside said depressed region,

said raised region having a plurality of recessed clearance passages therein that are recessed generally to the depth of said depressed region.

24. (original) A concrete forming panel as claimed in claim 23,

said raised region comprising a pair of raised areas on opposite sides of said depressed region.

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25. (currently amended) A concrete forming panel as claimed in claim [1] 3,
said sidewalls being longer than said endwalls when the frame member is viewed in
transverse cross-section.